

## Fall 2001 Recipes

### Side Dishes

#### Braised Celery Hearts

*The heart of the celery is the bottom 4 to 5 inches of the stalk.*

Serves 4

Provides 3 vegetable servings per person

- 1 teaspoon olive oil
- 2 cups chopped sweet onion
- 3 tablespoons tomato paste
- 1/2 teaspoon dried oregano
- 2 cups low-sodium vegetable broth
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 heads celery or 4 celery hearts (4 cups)

1. Preheat oven to 350°F. Heat the oil in a skillet on medium high. Sauté the onion until golden then add the tomato paste. Continue cooking until the tomato paste darkens. Add the oregano, low-sodium vegetable broth, salt, and pepper. Simmer while you prepare the celery.

2. Cut the bottom 5 or 6 inches off each stalk of celery. Cut in half, lengthwise. Remove the outer ribs until you get to the tender, lighter-colored heart. Save the tops and trim for salads and stocks.

3. Lay the hearts in a baking dish in one layer and pour the tomato-onion sauce over them. Cover and bake 35 to 40 minutes or until tender. Serve the hearts whole on each of 4 hot dinner plates, and spoon the sauce over them.

#### Nutritional Analysis

Per Serving:  
87 calories  
2 g fat  
20% calories from fat  
0 g saturated fat  
0% calories from saturated fat  
16 g carbohydrates  
480 mg sodium  
4 g dietary fiber